

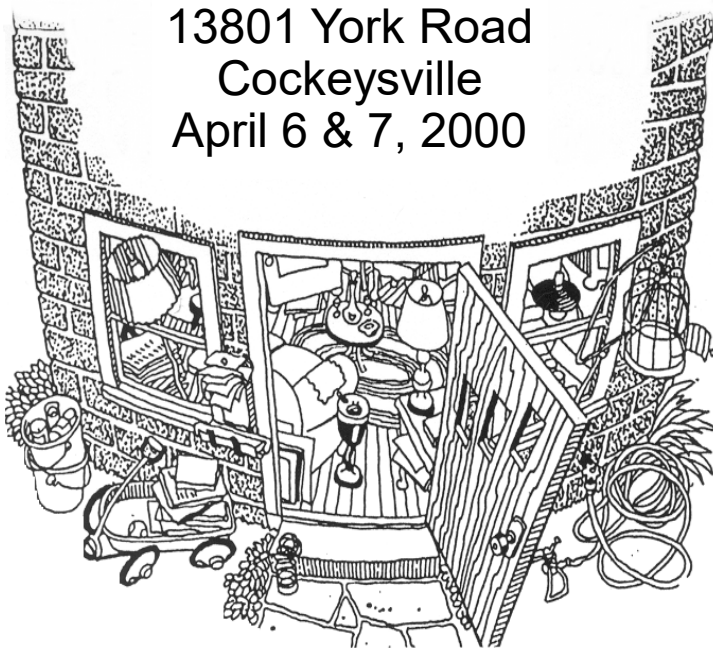
VOICE OF THE RESIDENTS

VOL. XXI, No. 8

BROADMEAD, COCKEYSVILLE, MD

April, 2000

13801 York Road
Cockeysville
April 6 & 7, 2000



Broadmead **BARN** **SALE**

Thursday, April 6:
7:30 a.m. To 8:30 a.m.
Employees, Trustees,
And Residents ONLY
8:30 a.m. To 4:00 p.m.
OPEN TO ALL COMERS

Friday, April 7:
9:00 a.m. To 12:30 p.m.
OPEN TO ALL COMERS



MEN'S AND WOMEN'S CLOTHES

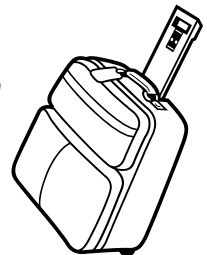
BAKED GOODS
(Thursday only)



CHINA

FLEA MARKET ~
THAT

THIS 'n

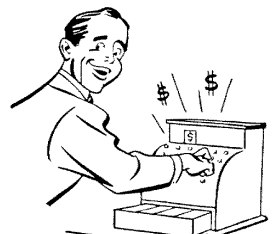


FURNITURE ~ APPLIANCES

GIFTS ~ JEWELRY ~ KITCHEN WARES

BOOKS LINENS SHOES

HANDBAGS SUITCASES



CHANGING PERSPECTIVE

"STEP ON A CRACK, SAVE YOUR ACHING BACK"

By Joan Pfeiffer

The Low Vision Support Group, co-led by Joan Pfeiffer, Social Worker, and Bonna Nelson, Volunteer Coordinator, held its second meeting on Tuesday, March 7th. The energetic gathering of Residents included many with varying levels of low vision as well as those interested in volunteering in some way to assist their fellow Residents. Visual problems present a number of challenges. At our first two meetings, Residents exchanged many concerns and solutions to common problem situations.

A change in the way one "looks" at a situation is often useful in dealing with changes in vision. One member of the group, Hoddy Stickle, shared with the group a wonderful and very useful new perspective. She said that she looks for the cracks in sidewalks and purposely places her foot on the cracks. This avoids the possibility of stubbing her toe on a raised edge, losing her balance, and falling. Thus the revision of the childhood saying, "Step on a crack, break your mother's back" to "Step on a crack, save your aching back." Creativity is always a plus.

Residents at the meeting also suggested posting large print versions of the monthly and weekly calendars on the bulletin board. We hope this will be of benefit to everyone. In addition, Rose Hijikata provides large print editions of the Broadmead phone directory upon request. Contact Social Work if you would like to be added to her list.

Discussion (and a brief demonstration) also occurred during the meeting with respect to "books on tape," a free service provided by the Maryland Library for the Blind. If your eyesight is making it difficult to continue reading, please contact Bonna Nelson for information about free access to audio versions of books as well as other alternatives to reading.

The Low Vision Support Group meets on the first Tuesday of each month from 11:00 a.m. to 12:00 noon. The next meeting is April 4th. We look forward to seeing you there.

Broadmead Trivial Pursuit

**The March issue of the VOICE
carried the following:**

*"The pursuers have identified seven (7) sibling pairs living at Broadmead. Can you name them?
Are there more than seven?"*

**Three Residents responded to this question
as follows:**

Virginia Cooley and Eddie Slaughter named 13. Evelyn Coyle named 12. By combining these results, we have identified the following 14 sibling pairs living at Broadmead:

1. Emily Abernethy & Margaret Washington
2. Wilson Ballard & Kitty Ann Cover
3. Esther Beck & Eleanor Requard
4. Elizabeth Brown & Hannah Wilson
5. Jeannette Cabeen & Priscilla Howard
6. Sarah Cooper & Eva Milbouer
7. Gwendolen Futcher & Palmer Futcher
8. Virginia Heisey & Lucretia Shroat
9. Rose Hijikata & Miyuki Takano
10. Nancy Lane & Elizabeth Ward
11. Alicia Legg & Sam Legg
12. Beth Murdock & Nellie Royston
13. Helen-Mary Overstreet & Marjorie Scott
14. Emma Ziegler & Leonard Ziegler

Are there any more?

LET'S DANCE!

By Eddie Slaughter



Everyone Welcome
To Dance or To Enjoy
LIVE MUSIC.

7:00 p.m. in the Lounge
Monday, April 10

IN MEMORIAM

Mildred "Billie" J. Tyson
June 25, 1912 February 17, 2000

Janice H. Cooper
January 15, 1913 February 21, 2000

Spring, the Sweet Spring

By Sarah L. Cooper

Watching snow disappear from the last shaded spot, welcome spring first in *weeds*. The term, my *Garden Encyclopedia* tells me, is a “relative one because many plants may be useful, beautiful or interesting,” yet “pernicious” in places. On a warm, sunny day while the calendar says winter is still here, I happily note a whole patch of tiny blue veronica in my quadrangle, J. There is a little white weed (purslane?) blooming near Hill House, and a yellow one whose name I can't even guess at in K. Daffodils have opened on the hill and in our gardens. We've had a number of beautiful really mild, wrap-free days, the kind that make planning Trail Day seem wholly appropriate.

The date has been set. April 25 (rain date April 27). As usual we start our planning with

high hopes. The wild flowers will bloom on schedule. Everyone, staff, resident, trustee, friend, will come and walk our lovely trails. We timed it just right. The weather will be perfect, and our

special feature this year is not the new trail of last year, or the planting of a new tree like the year before. This time, as previously, Trail Day will last from 10:00 a.m. until 3:00 p.m., the start of the last walk, but the special feature of the day will be a **Camera Run** led by **Dick Hutzler**. He has volunteered to show us how to find good angles, take interesting pictures, and have fun at the same time.

Meanwhile, the Trail Committee will work to get the paths in shape, clean up debris from snow and storms, and generally prepare to celebrate. So be there!



The Visit to the Sepulchre

Sponsored by the Bible Study Group

By Julie Metcalf

A Special Program in the Auditorium
on **Good Friday April 21 at 7:00 p.m.**

This is a filmed version of a sung, medieval church drama (*Visitatio Sepulchri*) composed somewhere between the years from 930 to 1100. It is considered by most students of the period to be the most beautiful of the rather large set of similar church dramas.

This filmed version was produced in 1979 and is set in the Benedictine abbey of Fleury located at St. Benoit-sur-Loire in France. The troupe of actors was assembled by the Theatre Wagon of Virginia. The play itself is the story of the visit by Mary Magdalene and two other “Marys” to the tomb of Jesus on the morning of Jesus’s resurrection.

The Rev. Carl Edwards sings the role of Jesus in this production. Mr. Edwards will give a commentary prior to the showing of the film.

FOOD SERVICE AND HEALTH CARE LECTURE

In the Auditorium

By Jean Hake and Bernard Queen

Tuesday April 11, 2000 at 10:30 a.m.

Topic:

All you ever needed to know about
What You Eat (Nutrition) and your Health

Participants:

Terry Bolt, OPD Coordinator
Meg Poe, Wellness Director
Bernard Queen, Food Service Director
Beth Connors, Asst. Food Service Director
Daniel Hall, Chef
Debbie Dembeck, Broadmead Dietitian
Nancy Ferrone, Consultant Dietitian
Scotteana Jones, Dietary Supervisor
Melinda Purkey, Main Dining Room Supervisor
Brenda Evans, Coffee Shop Supervisor
Anderson Covell, Closing/Sanitation Supervisor
Robin Kelley, Purchasing and Billing

OSTEOPOROSIS

By John B. De Hoff, MD

Looking at bare skeletons in museums, one would not believe bone was once a living substance. But, like other tissues of our bodies, bones are made by cells busily laying down new bone while others resorb existing bone. A constant turnover of well-nourished cells, and the chemicals in bony tissue are vital to keep a skeleton strong and sturdy.

As we age, a gradual loss of bone from resorption speeds up and surpasses new bone formation. This is part of normal health from about the age of thirty years or so, but bone loss is accelerated at menopause, and at an equivalent age for men. All women, notably those who weigh less and have less muscle mass, suffer greater rates of turn over and bone loss than do men. This process results in the condition of osteoporosis, a common bone disorder of aging in which all elements essential to bone strength are diminished.

The outer and more solid layers of most bones in our skeleton, the cortical bone, surround a mesh-like center, the trabecular bone or marrow, where blood cells are formed. Although the cellular structure and density of bone continue to be influenced by diet, vitamins, activities, gender, and sex hormones, those beneficial effects lessen as age progresses. Intake and absorption of calcium and vitamin D, nutrients critically important for strong bones, tend to be impaired with age. Lactose intolerance limits milk intake, and reduced exposure to sunlight lessens vitamin D synthesis in the skin. Bones are no longer strengthened by frenetic activities of younger years. Estrogen deficiency is a substantial cause of accelerated bone loss in perimenopausal years, and hormonal preparations may have to be prescribed to maintain bone quality and strength in women. Androgens, the

male hormones, are of lesser or no value for osteoporotic men.

Unfortunately, osteoporosis often has few symptoms until a painful fracture of weakened bone occurs, perhaps when the bone is innocently stressed. Clues detected at a medical evaluation can alert physicians to its presence, and specific blood chemistries or special x-ray examinations may clinch the diagnosis. Complex therapies, sometimes of dubious value, are available only by prescription and may have unpleasant side effects.



Our grandparents often said that an ounce of prevention is worth a pound of cure. That advice still holds for osteoporosis. Healthy elderly persons should begin early to protect their skeletal health before age-related osteoporosis becomes troublesome.

First, be active! Your decision to take part in exercise classes will be an excellent start. Exercise increases muscle strength and helps prevent osteoporosis. It slows further loss of bone substance, strengthens your bones, and reduces the danger of damage from accidental falls. Weight-bearing activity like walking, jogging or aerobics, even light weight-lifting exercises will help improve your bone health. Go ahead, sign up for those exercise classes now.

Second, maintain your calcium intake at levels recommended by health-care staffs. Low-fat dairy foods, dark green leafy vegetables, beans and nuts are excellent sources. Take calcium carbonate or calcium citrate supplements as directed, but avoid excessive intakes.

Third, if you wish to drink alcoholic beverages, do so, but only in moderation.

Fourth, totally quit whatever tobacco you are tethered to. Give it up, now. It's poison!

Finally, if you have bone pain, promptly seek further guidance from your health care provider to improve your skeletal health.

VESPERS

By Elsa J. Lundgren

Sunday, April 16 at 4:30 p.m. in the Lounge
Chaplain: The Rev. James Pullum
Stevenson A.M.E. Church

ONE PATIENT'S PERSPECTIVE

October 22, 1999 to February 2, 2000

By Kitty Ann Cover

Unbeknownst to me, when I joined Broadmead in 1994, I was just beginning the inspiration for this essay. At that time I was still practicing my profession as a medical social worker with the Milton Dance Head and Neck Rehab Center at GBMC. However, I was becoming concerned that inadequate medical insurance coverage was limiting the availability of follow-up care for patients. At the same time, I was satisfying my medical interest at Broadmead by working with the Residents' Health Care Committee. Then I retired from active practice in June of 1997.

As if consciously dedicated to exploring the medical care world, I came under the care and influence of Broadmead's Out Patient Department (OPD). After starting my crusade in 1998 to lose twenty pounds of unnecessary blubber to compete in the 1999 Senior Olympics, I began to flake out at various times and places on the Perimeter Road, in the Coffee Shop and Dining Room, and even in my B-9 Apartment!! These spells were, of course, precipitated by my 65-year-old diabetes, and the difficulty I had trying to keep better than "tight control" of my blood sugars. There's another story to go with this inappropriate bid for attention. But after a quick trip in an ambulance to GBMC's Emergency Room, Broadmead's OPD got me straight.

As if this was not enough, I then made my *super bid for attention* by going out to lunch on October 13. As I drove out of Broadmead at noon to make a left turn onto York Road, I encountered a speeding van which did a total job of crushing my car and both of my legs. The rest would be dull history, but . . . *I am making every effort to get*

to the point, which is that after ten days at Shock Trauma, I was blessedly returned to Hallowell Hall for three months of "non-weight bearing" treatment. This translates to being bed and Geri-chair bound, bed pans, bed baths, meals on trays delivered to my room, and lots of labor intensive care by nurses, aides, ward clerks, physical and occupational therapists, doctors, Food Service volunteers, social workers, activity leaders, lab technicians, housekeepers, switch board operators, and mail men ---- *this was no mean feat.* Now I will make my point!



On March 7, 2000, after many days of physical therapy at Kernan Hospital.

Never in my life had I needed and received such superb, efficient, well coordinated, medically and psychologically precise, generous, warm hearted, tender loving care, which healed me, buoyed my spirits and maintained and contributed to what people referred to as "*my remarkable positive attitude.*"

This "*remarkable positive attitude*" was not my doing. It was a direct by-product of all the above, which I have concluded must be the very best total care available in the best of all possible worlds. Broadmead Health Care is a blooming miracle. I commend and thank, from the bottom of my heart, each and every blessed angel who provides the care in Hallowell Hall and in the Out Patient Department at Broadmead!

MOVING AROUND BROADMEAD
Harry Patton From G-1 to S-305

NEW RESIDENTS
William & Mary Beatson A-12 410-771-5599
Arthur "Pat" & Carolyn Underwood M-10
410-329-9097



Broadmead Welcomes

By Betsy Griffin

Barbara (Tschudi) Koppelman

D-4 410-785-1191 February 2000

Barbara is a native Baltimorean who attended the Calvert School and was graduated from the Greenwood School. She attended Business School and worked as a receptionist at the Calvert School. In 1953 she married and had three sons, all of whom live in the surrounding area. Her oldest son is the father of her two grandsons. When her boys were in school she went to work at Elizabeth Christmas' Dress Shop in Riderwood and then at the Dress Circle in Stevenson where she probably met many Broadmead Residents. Barbara is delighted to find two of her teachers from Calvert School as residents here at Broadmead, Doris Smith and Evie McLanahan. Her main interests include her family and friends and her two small dogs, Nappy and Candy.

Louise (Rede) Davis

B-16 410-771-0011 February 2000

Weezie was born and raised in Baltimore and attended Notre Dame School and Bard Avon Business School. Her business career included secretarial work in the Department of Anatomy at The Johns Hopkins Medical School and 22 years as the owner and manager of her shop in Roland Park, the Bee Hive, a business credited with originating the Bermuda bag covers for handbags which became well known throughout the U.S. She has served as President of the Junior League and a Board member of the March of Dimes and the Baltimore Symphony. She has a daughter living in Chicago and another in Baltimore and eight grandchildren. She is interested in bird watching, travel, reading, bowling and bridge. Weezie credits our resident Helen Gibson with introducing her to Broadmead, where she and her two cats are now happily living.

Welcome to Broadmead . .

Open Forum Looks at Life After Welfare

By Abe Makofsky

"Life after Welfare" was the subject under discussion at the **Open Forum** on February 24th. The speaker was Dr. Catherine Born, Research Professor at the University of Maryland School of Social Work. Dr. Born leads a team of investigators who are tracking the effects of welfare reform on over 6,500 Maryland families.

In 1996, Congress passed a law that President Clinton said "would do away with welfare as we know it." Dr. Born highlighted the critical features of the bill. First, the federal funds that are to be used for financial aid, job training, job creation, and other programs of the welfare system, are turned over to the states. Each state may use the money as it sees fit, except for some limited federal oversight. Second, five years during one's lifetime is the maximum period a client can receive financial assistance, although some discretion is given to the states for exceptions. Third, the main object of the whole system is to get people off welfare and move them into jobs.

The study of what has happened thus far in Maryland suggests that the goal of helping clients to get a job and keep the job seems to be working out. The speaker noted that perhaps the mostly positive economic situation has made this possible. However, the problems that face the former clients, now mostly in low-income jobs, dramatizes the long-time condition of the working poor, many of whom have never received welfare. These include an inability to pay for health insurance, difficulties in getting food stamps, and the unaffordable cost of housing. For the new group of working poor that welfare reform has created, most of whom are women with young children, there is the major issue of inadequate day care programs and facilities.

Dr. Born responded to many questions from the audience, and one of her comments was that some other states have emphasized cutting welfare rolls, and have done very little to help their former clients find jobs. She also believes that more money should be available to train people for higher-paying jobs.

GREATEST SHOW ON EARTH: S P R I N G

*When Birds Are Migrating, Plentiful, Colorful,
Singing, Dating, Nesting.
And Special Species are on Display.*

*When Trees are Budding, Wildflowers Blooming,
Butterflies & All Nature Decorating Our Campus.*

Migration begins slowly, is at its *peak* in late
April through two weeks of May, then tapers off.

SATURDAY MORNING WALKS

April 15 thru May 20

Meet at 8:30 a.m. at Lower Level Entrance

Leaders: Steve Simon, Nancy Rowe, Slaughters

GENERAL INFORMATION

Walks are for everyone, from beginners to experts.

Canceled if raining or local temp is below 40°.

Dress for weather (sunny, cloudy, windy, drizzly),
wear "layers" for chilly start and later warming;
foot gear for usually-wet lawns, trails, squishy
spots.

Bring binoculars, if available; field guide optional.

Broadmead walks: 1-2 hours on roads, lawns, easy
trails. Shorter early in season, longer during "peak."

Possible off-campus walks: 2 ½ – 3 ½ hours.

NATURE BOARD INFORMATION re EVENTS

- Events, changes, sign-up sheets will be posted.
- Check notice day or evening before an event, in case there is an *unanticipated* change.
- Watch for *short-notice* events, e.g., **Evening Bird Song Walks, Bird Banding; two Audio-Visual Bird Identification sessions**, if desired.
- Watch for possible *off-campus* walks or a *walk and picnic* at **Westley's Gardens**.
- Please add your observations to Current Sightings Pad for others to enjoy and for our records of twenty years, even though the sighting may seem insignificant or repetitious of earlier listed entries.

Questions? Call Nancy Rowe, A-4, 410-527-0738

A PLEASANT WAY TO START YOUR SPRING

THE WONDER OF MIGRATION

By Nancy Rowe

During migration, birds are returning to their summer nesting grounds from their winter homes in South and Central America, the West Indies, Mexico, the Gulf coast and southern states. By flying on warm air moving north and by taking advantage of wind direction, their speed is enhanced and energy is saved. *En route*, they drop down into woods, fields, wetlands and water to feed and rest. When they reach us, most will be in spring plumage and full song, their primary means to win and hold a mate.

More birds travel at night than by day, and others like the robin, are able to do both. Their altitudes, which vary with the species and the weather, may be from 500 to 3000 ft.

Some species fly in close formation, but almost all small birds fly alone, more or less distributed over large parts of the sky - some singly, some in groups, others in loose aggregations. On certain nights when all is very quiet, one can hear the birds uttering sharp, often melodious, peeping and piping calls, as they keep in touch with one another in the dark.

Many migrants stay here to nest. Others traveling to New England and Canada will not tarry long, unless grounded by northerly winds or storms. With favorable weather, they will lift off with the wind at their backs to continue their urgent flight northward.

That urge to migrate is related to several interacting physical and physiological influences: the increasing period of daylight, hormonal changes, and the accumulation of fat to provide energy for extended flight - none of which occurs in non-migrants. There is also increased action of the glands which affect both the sexual and migrating cycles and prepare the birds for the breeding cycle ahead.

Two-thirds of the nesters to our north winter between New England and the Gulf Coast. Over 100 species fly to the West Indies and Central and South America. Spectacular though that is, consider the hummingbird's 500 mile non-stop flight across the Gulf of Mexico, the bobolink's 4,000 mile trip to Brazil and the Arctic tern's circuitous 24,000 mile round trip between the Arctic and Antarctic Circles.

Source: Terres, John K. The Audubon Society Encyclopedia of N.A. Birds. NY: Alfred A. Knopf, 1980. (pp. 602-608)



A PRAYER FOR LATER YEARS

Author Unknown

Lord, Thou knowest that
I am growing older.

Keep me from becoming

too talkative,
and particularly keep me from falling into the
tiresome habit of expressing an opinion on
every subject.

Release me from the craving to straighten out
everybody's affairs.

Give me grace, Dear Lord, to listen to others
describe their aches and pains. Help me
endure the boredom with patience, and keep
my lips sealed, for my own aches and pains are
increasing in number and intensity, and the
pleasure of discussing them is becoming
sweeter as the years go by.

Teach me the glorious lesson that occasionally I
might be mistaken.

Keep me reasonably sweet. I do not wish to be a
saint (saints are so hard to live with), but a sour
old person is the work of the devil.

Free me of the notion that simply because I have
lived a long time, I am wiser than those who
have not lived so long.

If I do not approve of some of the changes that
have taken place in recent years, give me the
wisdom to keep my mouth shut. Lord knows
that when the end comes, I would like to have
a friend or two left.

*Suggested by Shirley Rollins, Frank Hijikata, and
thanks to Ann Landers and the Washington Post.*

CONSERVATION CORNER

By Lloyd Tyler

Broadmead's electric bill for September was \$38,871.41. Of that, \$14,628.90 was due to what is called "billing demand." This is the maximum 30-minute measured demand during the month. The charge for a kilowatt of electricity during that period was \$12.09 per kW.

If you had a 100-watt bulb burning during the time of peak demand, it cost Broadmead \$1.21. If the SPA booster pump was running the cost was \$14.50. Your toaster probably cost us about \$11. The clothes drier uses 5.6 kW costing \$67.70. The billing demand charge during the months of October through May is \$5.99 per kW. During those months the clothes drier would cost us only \$33.54 and the other costs would also be proportionately lower. This is shown by the Broadmead February 2000 bill of \$27,740.20.

Obviously, we cannot control the time of use of most of our electricity, such as for heating and air-conditioning, refrigeration, etc. But we can control some significant uses. A detailed study made a few years ago by electrical engineer George Webb showed that our peak load usually comes between 8 a.m. and 10 a.m. on weekdays. In hot summer months it can occur between 3 p.m. and 5 p.m. because of air-conditioning. Each of us can make a difference! Whether we are residents being careful about the use of electricity in our own apartments or residents and staff making sure all lights are off in rooms in the Center when they are not being used. Let's try to keep our monthly fees low by using less electricity and by regulating the time of usage when we have a choice, such as using your dish washer and washing your clothes during off-peak times.

NOVEL THEOLOGY

By Elsa J. Lundgren

Monday, April 3 at 11:00 a.m. in the Auditorium

The Gospel

By Jose Saramago

(1998 winner of the Nobel prize for literature.)

Reviewed by the Rev. Carl N. Edwards
Rector of Immanuel Episcopal Church in Glencoe

Everyone Welcome

A COOKBOOK THAT IS A "GOOD READ"

By Thelma Becherer

Do you enjoy reading a good cookbook? Moosewood Restaurant Daily Special is a good reading cookbook. At Moosewood, the focus is on preserving the integrity of the basic ingredients and paying careful attention to all aspects of preparation. Broadmead's kitchen staff has adopted this principle with the introduction of arugula and kale, simply steamed, no salt, and not cut up. The natural taste of these vegetables has proved very popular with our residents. Congratulations to cooks and staff!

As the Food Committee monitors comments of residents, they will continue to introduce items that will preserve the integrity of the food and simplify the preparation. An additional benefit is that vitamin A, calcium, potassium, and iron are high in these two vegetables.

THE CASE by *Mary Louise Hibline*

Three photograph albums depicting seventeen years of exhibits in THE CASE are in the Lounge for your perusing pleasure. Enjoy the pictures and learn how THE CASE came to be.

ADVENTURES IN LEARNING

By Betsey Spragins

THE IMPORTANCE OF BEING BALTIMORE

These lectures about the Port of Baltimore will be presented by **Mr. Gregory Halpin**, former Chief Executive Officer of the Maryland Port Authority. Join us at 10:30 a.m. on:

April 5 in
the Lounge

Not Just Any Port
In Many Storms

April 12 in
the Auditorium

High Tide-Low Tide

**A Harbor Boat Trip is scheduled for
Wednesday, April 19.
Attendance is limited to Twenty.**

NaCCRA ACTION

By Robert M. Sparks

About five years ago several state residents associations, including MaCCRA, at a meeting of AAHSA (the American Association of Homes and Services for the Aging) in Florida, formed the National Continuing Care Residents Association. Residents and providers have been cooperating on legislative issues since that beginning. At the latest meeting (also in Florida) in mid-January NaCCRA officers and CCRC industry representatives coordinated plans for Congressional contacts for the remainder of the 106th Congress.

Their first action was to approve the position papers that NaCCRA had developed for six significant issues: Bankruptcy, Patients Rights, Medicare Reform, Pharmaceutical Costs, Return to Home, and Social Security.

The Legislative Representatives of the residents and providers were then asked to look into a problem which both sides recognize. The former were concerned that too many retirees delay entry until they are already handicapped and this changes the social atmosphere of the community. The providers acknowledged this situation but they reported that the Americans with Disabilities Act (ADA) bans discriminatory screening in entry regulations for reasons of disability. Both sides will be exploring a reasonable compromise.

NaCCRA, as always, will develop its position independently and work with providers and regulators to initiate legislation, if this is deemed necessary. Collaboration on this new issue will continue in Washington in March at the AAHSA Spring Conference. Progress will be reported in the CCRC newsletter, *Lifeline*, in April.

NaCCRA

**The Continuing Care
Retirement Community's Voice
in Washington, D.C.**

THE OPEN FORUM FOCUSES ON GLOBALIZATION

By Robert M. Sparks

On March 2nd the **Open Forum** learned that the basic economic factors contributing to the record U.S. boom of the 1990s played a major role in the growth of globalization. They are also causing the backlash delaying a new round of trade liberalization. This reflexive rationale was developed by our speaker, Dr. Gary Hufbauer, Senior Fellow at the International Institute for Economics, a Washington think tank.

Those factors include: (1) the mobility of workers to change careers and industry's adjustment to changing markets; (2) technology leading to steadily increasing productivity; and (3) an open economy facilitating the import of new skills that accompany new technology. But these drivers of the boom economy also contain the seeds of the globalization backlash.

With mobility comes the anxiety associated with job insecurity. For example, in the US over two million workers lost jobs in a typical year of the 90s, and about 20 per cent of the losses resulted from imports or technology. Technology may be exported and jobs often go with it. The open economy is a fundamental partner of democracy. This is manifest in the backlash from grass roots organizations which insist on improvements in the environment, human rights, and labor conditions associated with production in globalized economies. They have been reflected in Congressional rejection of fast track negotiation authority for the President, protectionist proposals in Congress, and the explosive protests at the Seattle Ministerial Conference in December.

Dr. Hufbauer offered the following suggestions to deal with the backlash:

1. Address the effects of job insecurity through wage insurance. The government should offset the pay reduction which often accompanies job changes to reduce worker's transition time and the typical pay cut.

2. Encourage the use of the Nature Conservancy and similar organizations to assist small farmers desiring to leave uneconomical farms.

3. Since concern for environmental issues often evokes hostile responses, little progress may be forthcoming. Similarly labor issues pit emerging nations against developed nations, leaving scant room for negotiation. In both cases, it is best to let the consumers decide in the market. If they refuse to buy the product and the producer knows why, conditions will soon change.

In the question period our speaker addressed the U.S. trade deficit which amounts to about three per cent of our gross domestic product. He believes this is unsustainable and will diminish when emerging nations become rich enough to buy more from us.

OPEN FORUM

In the Auditorium

By Nydia Finch

Thursday April 13 at 10:30 a.m.

Topic: **Presidential Campaign 2000**

Speaker: **Barry Rascovar, Deputy Editor,
Baltimore Sun Editorial Page**

Thursday April 20 at 10:30 a.m.

Topic: **U.S. and Iraq: Dynamic Hypocrisy**

Speaker: **Edward Peck,
Former Chief of Mission, Iraq**

Meg's Favorites

From the Wellness Director's Bulletin Board

The better part of one's life consists of his friendships.

- Abraham Lincoln

Friendship is unnecessary. Like philosophy, like art..., it has no survival value; rather it is one of those things that gives value to survival.

- C. S. Lewis

It is one of the blessings of old friends that you can afford to be stupid with them.

- Ralph Waldo Emerson

CONCERTS IN THE LOUNGE

By Phil Schnering

Sunday April 9 at 2:00 p.m.
OPERETTA TRIO -- Two Singers and Piano

Thursday April 13 at 7:00 p.m.
LET'S SING - with Mary Lou Moon
at the Piano

Sunday April 16 at 2:00 p.m.
MUSICAL MEMORIAL SERVICE
Honoring Mildred Burdette
Goucher College President
With Faculty Trio (Piano, Clarinet & Cello)
playing Brahms Trio in A Minor, Opus 114.

Sunday April 30 at 2:00 p.m.
THE SAINTS
Vocal Group from Saint Paul's School for Girls
Junior and Senior Classes
Brooklandville, Maryland

Calling All Writers and Listeners!

By Lynn Buck

The Broadmead Writers Group will hold its Fourth Annual Public Reading on Wednesday, April 26, at 1:30, in the Main Lounge. Do you have a story to tell? A poem to put into words? A memoir to record? Or would you prefer to sit back and be entertained by what your friends have written? In any case, we invite you to attend this event. Past programs have been greeted with enthusiasm by receptive audiences, thanks to the varied talents of our group.

If you would like to share your work in our April program, there's still time. Just come to our next few meetings and bring some choices of what you might want to read. We meet weekly on Friday afternoons from 3:30 to 5:00 in the Lower Level Seminar Room. Newcomers are welcome.

We are a peer group, writing for the joy of it--some of us published, some not. It doesn't matter. Any kind of writing is welcome--fiction, poetry, personal essays, letters, you name it. Participating is not only enlightening--it's great fun!

VOICE of the RESIDENTS

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Broadmead Residents Association
Marjorie Forbush Scott, *President*

Robert W. Davies, *Editor*

Contributors to this issue:

Thelma Becherer, Lynn Buck,
Virginia Cooley, Sarah Cooper,
Kitty Ann Cover, Evelyn Coyle,
Valerie Davies, John De Hoff,
Harriet Duncan, Nydia Finch,
Betsy Griffin, Jean Hake,
Mary Louise Hibline, Frank Hijikata,
Charles Hobelmann, Walter Lane,
Elsa Lundgren, Abe Makofsky,
Julie Metcalf, Joan Pfeiffer, Meg Poe,
Patricia Rodak, Shirley Rollins,
Nancy Rowe, Phil Schnering,
Harry and Marjorie Scott,
Eddie Slaughter, Betsey Spragins.
Robert Sparks, Lloyd Tyler
Bernard Queen, Charles Wilhelm.

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Cockeysville, Maryland 21030

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